

be  
KIND

I am not the one to blame  
For the things about me,  
That I cannot change.

Sticks and stones may break my bones,  
But your words....  
can forever hurt me.

Why would you treat me any less?  
Because of how I look,  
or how I dress.

The shade of my skin,  
Does not reflect  
Who I am within.

I think we can agree,  
I am somebody special  
And all I can be.....  
IS ME !!!!

#ItsUpToUs #DoNoHarm

be  
KIND

## Kind Hearts are the Gardens

Kind hearts are the gardens,  
Kind thoughts are the roots,  
Kind words are the flowers,  
Kind deeds are the fruits.  
Take care of your garden,  
And keep out the weeds,  
Fill it with sunshine;  
Kind words and kind deeds.

#ItsUpToUs #DoNoHarm